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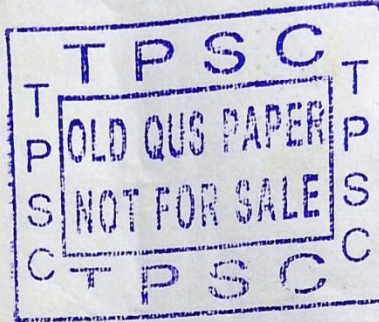
TR/SO(YAS)/16

Test Booklet Series

**TEST BOOKLET
GENERAL ABILITY TEST**

Signature of the Candidate

Invigilator's Signature



Time Allowed : 2 hours (Two hours)

Maximum Marks : 100

INSTRUCTIONS

1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE SCREENING TEST, YOU SHOULD CHECK THAT THIS TEST BOOKLET DOES NOT HAVE ANY UNPRINTED OR TORN OR MISSING PAGES OR ITEMS ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
2. **ENCODE CLEARLY THE TEST BOOKLET SERIES IN THE APPROPRIATE PLACE IN THE ANSWER SHEET BY BLACK BALL POINT PEN ONLY.**
3. This Test Booklet contains 100 items (questions). Each question, carrying 1 (one) mark only, has four responses (answers). You will select the response which you want to mark on the Answer Sheet. In case you feel that there is more than one correct response, mark the response which you consider the most appropriate. In any case, choose **ONLY ONE** response for each item.
4. You have to mark all your responses by **Black Ball Point Pen only** on the separate Answer Sheet provided. See directions in the Answer Sheet.
5. All items carry equal marks.
6. Before you proceed to mark in the Answer Sheet the responses to various items in the Test Booklet, you have to fill in some particulars in the Answer Sheet.
7. After you have completed filling in responses on the Answer Sheet and the Screening Test is completed, you should hand over the Answer Sheet to the Invigilator only. You are permitted to take the Test Booklet with you.
8. Sheets for rough work are appended on the Test Booklet at the end.
9. **Penalty for wrong/multiple answers :**
 - (i) For each question for which a wrong answer / multiple answer has been given by the candidate, a $\frac{1}{2}$ (half) mark will be deducted as penalty.
 - (ii) If a question is left blank i.e. no answer is given by the candidate ; there will be **no** penalty for that question.

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Four options are given against each of the following questions. Select the best / correct option from among the four options and encode in the answer sheet by using **Black Ball Point Pen only** as per example given below :

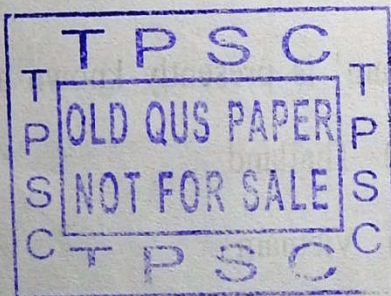
Example : The capital of India is :

(A) Delhi

(C) Indraprastha

☒ (B) New Delhi

(D) None of these



PART - I

- At the time of merger of Tripura with India in the year 1949, Regent Maharani of Tripura was
 - Ananga Mohini Devi
 - Kamala Sundari Devi
 - Kanchan Prava Devi
 - Tulsibati
- In the drama 'Bisarjan', written by Rabindranath Tagore, the king of Tripura is
 - Maharaja Nakshatra Manikya
 - Maharaja Govinda Manikya
 - Maharaja Amar Manikya
 - Maharaja Radha Kishore Manikya
- Tripura has become a full fledged State of India in 1972. The first Chief Minister of the full fledged State Tripura was
 - Nripen Chakraborty
 - Sachindra Lal Sing
 - Sukhamoy Sengupta
 - Prafulla Kumar Das
- The captain of Tripura Cricket Team which participated for the first time in Ranji Trophy was
 - Rajat Kanti Sen
 - Kamal Saha
 - Dr. Sujit De
 - Saurabh Dasgupta

5. The Indian National Army (Azad Hind Fauj) was formed in the year 1943 in

- (A) Rangoon
- (B) Kualalampur
- (C) Singapore
- (D) Bangkok

6. Raja Rammohan Roy was not associated with

- (A) Formation of Brahmo Samaj
- (B) Abolition of Sati
- (C) Rights of women
- (D) Sanskrit teaching

7. The following States of India have a common border with Pakistan

- (A) Jammu & Kashmir, Punjab, Rajasthan, Himachal Pradesh
- (B) Punjab, Haryana, Rajasthan, Gujarat
- (C) Jammu & Kashmir, Punjab, Rajasthan, Gujarat
- (D) Punjab, Himachal Pradesh, Gujarat, Maharashtra

8. Who of the following was the interim Prime Minister of India, two times in the year 1964 and 1966 ?

- (A) K. Kamraj
- (B) Gulzarilal Nanda
- (C) Y B Chavan
- (D) Govinda Ballav Panth

9. 'Siam' is presently known as

- (A) Thailand
- (B) Vietnam
- (C) Ethiopia
- (D) Philippines

10. 'BRICS' group does not include

- (A) South Africa
- (B) Brazil
- (C) Indonesia
- (D) China

11. Which of the following is not a renewable energy resource ?

- (A) Wind
- (B) Fossil
- (C) Biomass
- (D) Tidal waves

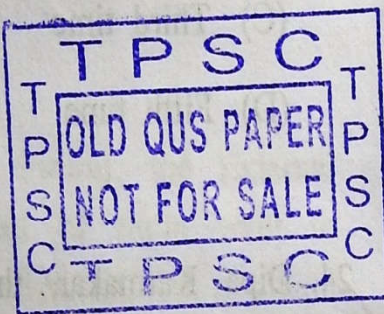
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12. Dialysis is used for patients having

- (A) Lung trouble
- (B) Kidney trouble
- (C) Heart trouble
- (D) Liver diseases

13. The gas in the atmosphere that helps burning is

- (A) Nitrogen
- (B) Hydrogen
- (C) Helium
- (D) Oxygen



14. Of the following, the Non-Biodegradable waste is

- (A) Wood
- (B) Aluminium cans
- (C) Sewage
- (D) Cloth rags

15. A train passes a platform of 60 metres length in 20 seconds and a man standing on the platform in 12 seconds. Speed of the train is

- (A) 27 km/hour
- (B) 32 km/hour
- (C) 18 km/hour
- (D) 24 km/hour

16. The present age of a father is three times the sum of the ages of his two sons. After 5 years, the father's age will be twice the sum of the ages of those two sons. The present age of the father is

- (A) 35 years
- (B) 40 years
- (C) 45 years
- (D) 55 years

17. Subhas Chandra Bose is the author of the book

- (A) Indian Struggle
- (B) The Indian Struggle
- (C) Indian Freedom Struggle
- (D) The Indian Freedom Struggle

18. The book 'Pather Dabi' is written by

- (A) Bankim Chandra Chattopadhyaya
- (B) Bibhuti Bhusan Bandyopadhyaya
- (C) Tarashankar Bandyopadhyaya
- (D) Sarat Chandra Chattopadhyaya

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19. By the 42nd amendment, the terms which have been added in the Preamble of the Indian Constitution are

- (A) Socialist and Democratic
- (B) Sovereign and Secular
- (C) Socialist and Secular
- (D) Secular and Sovereign

20. The country having the lengthiest written Constitution is

- (A) India
- (B) Japan
- (C) England
- (D) United States of America

21. Total number of wards of Agartala Municipal Corporation for which election has been held on the 9th December, 2015 is

- (A) 44
- (B) 49
- (C) 50
- (D) 53

22. The 23rd 'Sanghati' fair has been held in December, 2015 in the premises of a Mosque at Chandrapur. Chandrapur belongs to the District

- (A) Sepahijala
- (B) Gomati
- (C) South Tripura
- (D) West Tripura

23. 66 artists, selected by the Sangeet Natak Akademi, have been awarded 'Ustad Bismilla Khan Yuba Puraskar' for 2013 and 2014 in a programme held in Agartala from 7-12 December, 2015. Tripura has been the venue of this award giving programme for the

- (A) First time
- (B) Second time
- (C) Third time
- (D) Fifth time

24. Dipa Karmakar, the gymnast from Tripura secured fifth place in the women's vault final at the 2015 World Gymnastics Championship held in

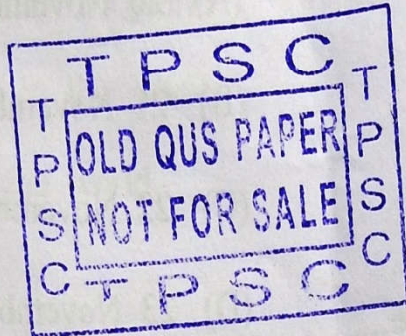
- (A) Glasgow
- (B) Birmingham
- (C) Seol
- (D) New Delhi

25. An International Seminar, organised by the International Buddhist Confederation at Agartala in December, 2015 has also been attended by a Minister from

- (A) Sri Lanka
- (B) Combodia
- (C) Bhutan
- (D) Nepal

26. On December 1-2, 2015, Chennai recorded more rainfall than it had seen on any day since 1901. Rainfall in 24 hours during this period was around

- (A) 500 mm
- (B) 600 mm
- (C) 700 mm
- (D) 750 mm



29. Dada Saheb Phalke award, the highest award for Cinema in India was awarded in 2014 to

- (A) Gulzar
- (B) Shashi Kapoor
- (C) Pran
- (D) Saumitra Chatterjee

27. Mrs. Sushma Swaraj, the External Affairs Minister of India went to Pakistan in December, 2015, to attend

- (A) Heart of Asia Conference
- (B) Heart of SAARC Conference
- (C) Heart of Indian Subcontinent Conference
- (D) Heart of Afghanistan Conference

30. The first two cities of India to have International Gateways in telecommunication are

- (A) Mumbai and Chennai
- (B) Mumbai and Bangaluru
- (C) New Delhi and Chennai
- (D) Bangaluru and Thiruvanthapuram

28. India's Saina Nehwal lost her third and final round robin game to bow out of contention for the Semifinals of BWF Super Series Badminton finals held in December, 2015 in

- (A) Doha
- (B) Abu Dhabi
- (C) Dubai
- (D) Seol

31. The 2015 United Nations Climate Change Conference was held during 30 November, 2015 to 12th December, 2015 at Le Bourget in the suburbs of

- (A) Rio
- (B) Paris
- (C) Lima
- (D) Copenhagen

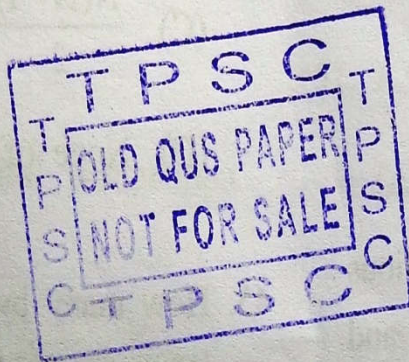
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39. Loktak Lake, the largest fresh water lake in the North East India is also called the only

- (A) Sacred lake in the world
- (B) Hanging lake in the world
- (C) Floating lake in the world
- (D) Flat lake in the world

40. Senior Women's National Football Championship (North East Zone) has been held in December, 2015 in

- (A) Silchar
- (B) Tezpur
- (C) Digboi
- (D) Kokrajhar



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PART - II

(The symbols, wherever used, are having their usual meaning.)

41. Women started to participate in the modern Olympic games from the year—

- (A) 1896
- (B) 1900
- (C) 1904
- (D) 1920

42. Diet which is consisted of various constituents of food in accurate and appropriate quantity and quality according to the requirement of an individual is called—

- (A) Nutrition
- (B) Protein
- (C) Balanced diet
- (D) Athletic diet

43. Fat soluble vitamins are—

- (A) A, D, E, K.
- (B) B, C, P.
- (C) K, B, E.
- (D) P, E, B.

44. The Single League tournament, to determine the number of matches, this formula is used

- (A) $N(N-1)$
- (B) $N-1$
- (C) $\frac{N(N-1)}{2}$
- (D) None of these

45. How many byes will be given if 19 teams are participating in a knock-out tournament?

- (A) 13 byes
- (B) 15 byes
- (C) 18 byes
- (D) 03 byes

46. Procedure of fixture in League tournament is

- (A) rotation method, seeded method, pyramid method
- (B) cyclic method, staircase method, tabular method
- (C) consolation method, seeding method, jumping method
- (D) challenge method, bugnal wild, tennis method.

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47. Combative activities are—

- (A) Painting, Drawing, Sculpturing etc.
- (B) Basketball, Kabaddi, Kho-kho etc.
- (C) Dumb-bell, Lazim, Folk dance etc.
- (D) Boxing, Judo, Karate etc.

50. Remedial Yogasana for kyphosis are—

- (A) Dhanurasana, Bhujangasana, Chakrasana
- (B) Padmasana, Vajrasana, Sabasana
- (C) Sit up, push up, bench press
- (D) Gomukhasana, Padmasana, Brikhasana.

48. Meaning of Extramural competition is—

- (A) Within the wall competition
- (B) Outside the wall competition
- (C) Intra school competition
- (D) None of above

(A) American Association for Health Practice, Relaxation

(B) American Alternative Human Performance, Recreation and Dance

(C) American Alliance for Health, Physical Education, Recreation and Dance

(D) American Army's Health, Recreation, Physical Education and Dance.

49. Spinal deformities are—

- (A) Flat foot, bow leg, knock knee
- (B) Tilt head, round shoulder, low shoulder
- (C) Fracture, Dislocation, Contusion
- (D) Kyphosis, Lordosis, Scoliosis.

52. Harvard Step test is a —

- (A) Flexibility measurement test
- (B) Cardio-vascular fitness test
- (C) Agility fitness test
- (D) Strength fitness test.

Choose the correct option from the following to fill up the blank.

53. — is the capacity of the whole body or of any of its parts to exert force.

- (A) Speed
- (B) Agility
- (C) Flexibility
- (D) Strength

54. When these exercises are done, muscles do not change their length.

- (A) Isometric exercise
- (B) Isotonic exercise
- (C) Isokinetic exercise
- (D) Eccentric exercise

55. Fartlek training method was developed by—

- (A) Barrow McGee
- (B) Nelson & Johnson
- (C) Gosta Holmer
- (D) Perrine.

56. Which of the following is the range of motion available in a joint?

- (A) Agility
- (B) Flexibility
- (C) Speed
- (D) Endurance

57. Founder Principal of Lakshmibai College of Physical Education was—

- (A) H. C. Buck
- (B) Dr. P. M. Joseph
- (C) Prof. Ajmer Singh
- (D) Dr. V. A. Vaidya

58. "Physical education as an integral part of the total education process," was said by—

- (A) A. Bucher
- (B) J. P. Thomas
- (C) H. M. Barrow
- (D) J. F. Williams

59. National Institute of Sports (NIS) was established in the year—

- (A) 1957
- (B) 1951
- (C) 1959
- (D) 1961

60. The quality of the bone structure or ossification of the bones is a major factor in determining the—

- (A) Physiological age
- (B) Anatomical age
- (C) Mental age
- (D) Chronological age

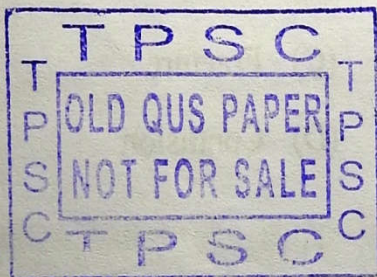
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61. They are medium type of individuals and known as athletic type persons—

- (A) Endomorph
- (B) Ectomorph
- (C) Mesomorph
- (D) None of the above.

62. Sports Authority of India (SAI) was established in the year—

- (A) 1969
- (B) 1972
- (C) 1981
- (D) 1982



63. This joint gives a rotating motion such as the movement of the head from side to side—

- (A) Pivot
- (B) Hinge
- (C) Gliding
- (D) Saddle.

64. What does a 50 kg athlete require in terms of carbohydrates, fats and protein?

- (A) Carbohydrate 50%, fats 25%, Protein 25%
- (B) Carbohydrate 60%, fats 20%, Protein 20%
- (C) Carbohydrate 55%, fats 15%, Protein 30%
- (D) Carbohydrate 57%, fats 30%, Protein 13%.

65. Which movement is not possible in Hinge joint?

- (A) Flexion
- (B) Extension
- (C) Rotation
- (D) None of the above.

66. Illegal use of chemical substances to enhance sports performance is called—

- (A) Warming up
- (B) Doping
- (C) Athletic heart
- (D) Athletic diet.

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67. The specific training for power or explosiveness has been termed—

- (A) Motivation
- (B) Fartlek
- (C) Circuit training
- (D) Plyometrics

68. The term 'Oxygen Debt' was first used by—

- (A) H. C. Buck
- (B) J. F. William
- (C) A. V. Hill
- (D) Gosta Holmer

69. Eccentric contraction is just the opposite of an isotonic contraction. The statement is—

- (A) True
- (B) False
- (C) Not applicable
- (D) None of these.

70. Cardiac output of a person is stated by—

- (A) Tidal volume \times Heart rate
- (B) Heart rate \times Lung volume
- (C) Lung volume \times 1 minute
- (D) Stroke volume \times Heart rate

71. During muscle contraction the relation / role between biceps and triceps are—

- (A) Agonist role
- (B) Antagonistic role
- (C) Stabilizer role
- (D) Neutralizer role

72. It is a stretch or tear of a ligament, the fibrous band of connective tissue that joins the end of one bone with another—

- (A) Sprain
- (B) Strain
- (C) Fracture
- (D) Contusion

73. Types of challenge tournaments are—

- (A) Bagnal-Wild tournament
- (B) Ladder and Pyramid tournament
- (C) Consolation I and consolation II
- (D) Knockout and League.

74. Surplus Energy theory of play was promoted by—

- (A) Carl Groos
- (B) Lord Kames and G.T.W. Patrick
- (C) Stanly Hall
- (D) Herbert Spencer & Van Schiller

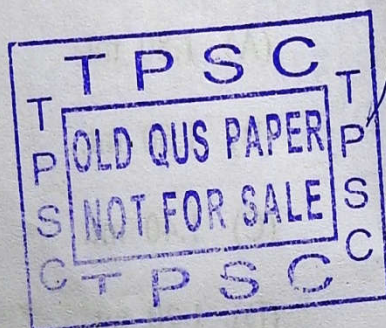
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75. 'Surya Bhedana' pranayama is popularly known as—

- (A) Ujjayi Pranayama
- (B) Sheetkari Pranayama
- (C) Bhatrika Pranayama
- (D) Kapalbhati Pranayama.

76. Ancient Olympic Games was terminated in the year—

- (A) 776 BC
- (B) 394 AD
- (C) 1896 AD
- (D) 1900 AD



77. Olympic Games had to be stopped, because of World Wars, in the years—

- (A) 1917, 1939, 1943
- (B) 1915, 1938, 1946
- (C) 1916, 1940, 1944
- (D) 1918, 1941, 1945

78. It is the ability of the human body to change direction quickly and effectively—

- (A) Endurance
- (B) Power
- (C) Flexibility
- (D) Agility

79. During weight training, relation between load and repetitions will be—

- (A) Higher intensity, fewer number of repetitions
- (B) Lower intensity, Lower number of repetitions
- (C) Higher repetitions, Higher intensity
- (D) None of the above.

80. In hatha yoga the method of massaging and strengthening the abdominal organs is called—

- (A) Dhauti
- (B) Nauli
- (C) Pranayama
- (D) Yogasana

81. Speed depends on—

- (A) Red muscle fibre
- (B) Slow twitch muscle fibres
- (C) Aerobic capacity
- (D) White muscle fibres

82. Duration of macro cycle is—

- (A) 6 to 10 weeks
- (B) 3 to 12 months
- (C) 1 to 3 months
- (D) 3 to 6 weeks.

83. British Empire Games is now known as—

- (A) Asian Games
- (B) Commonwealth Games
- (C) SAF Games
- (D) Afro-Asian Games.

84. Standing Bobbing Test is used to measure—

- (A) Flexibility
- (B) Agility
- (C) Balance
- (D) Strength

85. Division of the training year into periods so as to systematically prepare and develop the sports form and skills for the decisive competition is

- (A) Coaching
- (B) Training
- (C) Periodisation
- (D) Conditioning

86. Sprinting speed can be developed directly using the following training means—

- (A) Plyometrics
- (B) Ins and outs, Differential races
- (C) Tactics & training with medicine balls
- (D) Circuit Training.

87. Lockhart and McPherson Test is used in evaluation of the game—

- (A) Volleyball
- (B) Football
- (C) Hockey
- (D) Badminton

88. In volleyball the height of Antenna is—

- (A) 1.80 mt.
- (B) 1.60 mt.
- (C) 1.40 mt.
- (D) 1.20 mt.

89. Which is the correct formula to measure Full Staggered Distance?

- (A) $\{w(n-1) - \cdot 10m\} \times 2\pi$
- (B) $\{n(w-1) - \cdot 20m\} \times 2\pi$
- (C) $\{w(n-1) - \cdot 30m\} \times 4\pi$
- (D) $\{n(w-1) - \cdot 40m\} \times 4\pi$

90. Height of Kho-Kho pole is—

- (A) 2.10 mt.
- (B) 1.40 mt.
- (C) 1.00 mt.
- (D) 1.20 mt.

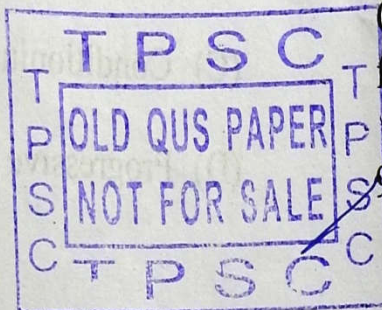
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91. Weight of Javelin for senior men is—

- (A) 600 gm
- (B) 800 gm
- (C) 726 gm
- (D) 700 gm

92. In cricket, height of wickets are—

- (A) 38 inches
- (B) 36 inches
- (C) 28 inches
- (D) 30 inches



95. Cryotherapy is one type of therapeutic modalities, where treatment is done by—

- (A) Hot water & Hot pack
- (B) Massage & Ultra sound
- (C) Cold water & Ice
- (D) Electric modalities.

Choose the correct option from the following to fill up the blank.

96. — is the direct product of load caused by physical activity or exercise.

- (A) Fatigue
- (B) Training
- (C) Injuries
- (D) Fever

93. Techniques of Long jump are followed by—

- (A) Approach run, Take off, The flight, Landing
- (B) Approach run, The flight, Take off, Landing
- (C) Approach run, Take off, Crossbar clearance, Landing
- (D) Approach run, The flight, Landing, Take off.

97. This method is considered to be the best for improving muscular strength and endurance for sports—

- (A) Isometric exercises
- (B) Isokinetic exercises
- (C) Eccentric exercises
- (D) Isotonic exercises.

94. Reduction of heart rate as an effect of sports training is called—

- (A) Athletic heart
- (B) Stroke volume
- (C) Cardiac output
- (D) Bradicardia

98. Transition period in periodisation is for—

- (A) Competition
- (B) Active recovery and relaxation
- (C) Skill development
- (D) Preparatory period

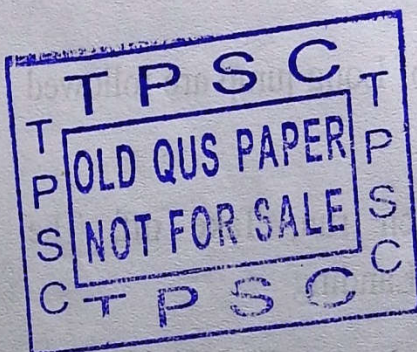
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99. At high altitude, athletes in endurance events will—

- (A) feel more gravitational pull.
- (B) get more barometric pressure.
- (C) get advantage due to high oxygen transport.
- (D) suffer due to low oxygen transport.

100. It is a mode of training that can be used to maintain general conditioning in sports persons during periods of reduced training due to injury or when recovering from a training cycle—

- (A) Cross-training
- (B) Coaching
- (C) Conditioning
- (D) Progressive resistance.



(Space for rough work)

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